upgrade YOUR SKIN CARE

Making a few tweaks to your basic beauty routine can mean more beautiful skin – right now.

BY ERIN LUKAS

PHOTOGRAPHY BY GEOFFREY ROSS

PATCHWORK
If you're lacking a full night's sleep, fake it. Trade your eye cream for a hydrating gel patch to combat puffiness and fine lines.
1. STRIVECTIN-SD EYE CONCENTRATE, 30 ML, $64, THESHOPPINGCHANNEL.COM.
2. SKYN ICELAND HYDRO COOL FIRMING EYE GELS, EIGHT PAIRS, $33, THEBAY.COM.

SERVE AND PROTECT
Unshielded skin is a big beauty sin. A tinted sunscreen boasts broader UV spectrum protection than a moisturizer with SPF. Plus, says Dr. Davindra Singh, founder of and lead dermatologist at AvantDerm in Toronto, it doesn't have the "whitish haze that other sunscreens leave behind."
1. LASZLO BLUE FIRMARINE SPF 30, 50 ML, $225, MURALE.COM.
2. SKINCEUTICALS SHEER PHYSICAL UV DEFENSE SPF 50, 50 ML, $39, SKINCEUTICALS.COM.

PEEL AWAY
Smooth skin with an at-home peel to remove dead skin cells and treat common problems such as acne and fine lines.
1. AVALON ORGANICS LAVENDER LUMINOSITY EXFOLIATING ENZYME SCRUB, 113 G, $12, SHOPPERSDRUGMART.CA.
2. EMINENCE YAM & PUMPKIN ENZYME PEEL, 2 OZ, $40, EMINENCEORGANICS.COM.

LIGHTEN UP
Swap thick, sticky cream for a lightweight moisturizing serum, which is "less likely to plug up oily or acne-prone skin," says Dr. Benjamin Barankin, medical director of the Toronto Dermatology Centre.
1. BIODERMA ATODERM NUTRITIVE, 40 ML, $25, SHOPPERSDRUGMART.CA.
2. OLAY AGE-DEFYING ANTI-WRINKLE 2-IN-1 DAY CREAM + SERUM, 50 ML, $20, OLAY.CA.

BRUSH WITH GREATNESS
For extra-radiant skin, skip using your hands and try a deep-cleansing brush system two or three times a week to tighten pores and open up blackheads and whiteheads, says Barankin.
1. NARS SKIN GENTLE CREAM CLEANSER, 125 ML, $35, NARSCOSMETICS.CA.
2. DERMALOGICA EXFOLIATING FACE BRUSH, $24.50, DERMALOGICA.CA.

MAID OF THE MIST
Rather than waiting for greasy lotion to set, give your skin a spritz of a fast-absorbing hydrating mist to get a midday glow.
1. SIBU BEAUTY SEA BUCKTHORN DAYTIME FACIAL CREAM, 30 ML, $21, THESHOPPINGCHANNEL.COM.
2. RODIAL DRAGON'S BLOOD HYALURONIC TONIC, 100 ML, $35, THEBAY.COM.